

# Ambassadors Information Pack

Project Video has compiled some information for you to look over to prepare you for your upcoming trip. If you have any questions, please email [emily@project-video.org](mailto:emily@project-video.org). This information is subject to change due to changes in the situation and government policy from month to month, but PV will update you as these changes are announced.

## Physical Expectations

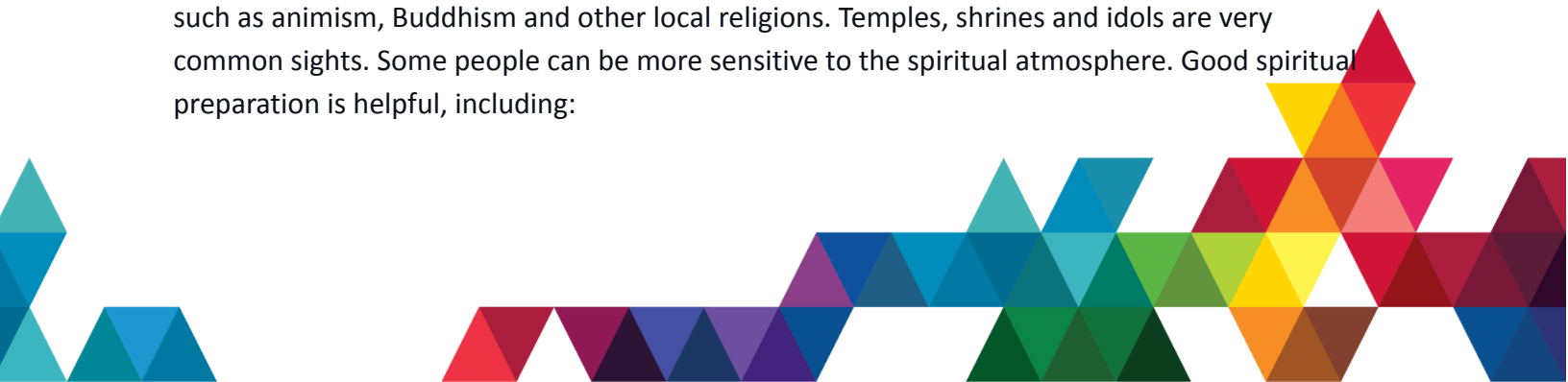


Depending on what teams you visit, the terrain and physical demands can be a lot different from your normal day-to-day. Many teams are located in remote villages where there might not be the same comforts as a city such as Chiang Mai, Vientiane, or Manilla. Be prepared for windy mountainous roads and long drives to visit rural teams, this can cause some carsickness.

- Be sure to bring shoes that you are comfortable walking some distance in.
- If you get carsick easily, make sure you bring medication and to talk with your Team Leader so they are aware.
- If you are concerned about a long physical day, make sure you talk with your Team Leader about your limitations or concerns.

## Spiritual Expectations

While traveling with Project Video, you will be exposed to different religions first hand such as animism, Buddhism and other local religions. Temples, shrines and idols are very common sights. Some people can be more sensitive to the spiritual atmosphere. Good spiritual preparation is helpful, including:





- Ask specific prayer partners to be praying for you during your trip, and try to send them a regular update during the trip.
- Each day there will be a group devotion, but also maintain your daily personal bible reading and prayer time.
- Please discuss with the team leader immediately if you experience any potentially spiritually related issues such as nightmares, sudden negative feelings or anxiety/heaviness, unusual visions etc. Your team is always available to pray with you.

### **Accommodation Expectations**

Accommodation will vary from city to city, team to team and country to country. Some things will require adjustments for people, such as different cuisine, living arrangements and at times the toilet.

- Be prepared to use squatty potty toilets (holes or basins at ground level). Most often in cities, there are Western-style toilets but in the countryside you will encounter squatties.
- Sometimes the biggest shock can be food, most of your meals will be local food prepared by teams or restaurants. If you have food allergies be sure to tell your Team Leader and bring necessary medication. At hotels there might be a limited Western breakfast provided.
- While traveling, accommodation will be provided but will vary from hotels and ethnic team member homes. Be prepared to share rooms and bathrooms if your team visits a more rural place.
- Tap water is not potable in all the areas our teams are located, only drink water that is approved/provided by PV staff or ethnic teams.
- Sometimes even electricity can not be dependable. If you need dependable electricity when traveling make sure to tell your Trip Leader and Ambassador Coordinator.





## -AMBASSADOR CHECKLIST-

### 3 Months Prior to Travel

#### **Ambassador Application**

- [USA Application](#) or [Australian Application](#)
- Complete no later than two months before the trip date.

#### **Meet Other Ambassador Team Members**

- This will likely happen in a series of pre-departure meetings leading up to the trip. Members could include people from your church or churches across the country. In some cases, video meeting platforms can be used.
- Meetings are led by the Ambassador Coordinator (AC) and/or Trip Leader (TL). Topics will include Ambassador expectations, cultural and PV orientation, logistics, itinerary review, historical background on PV media teams you will visit, etc.

#### **Passport**

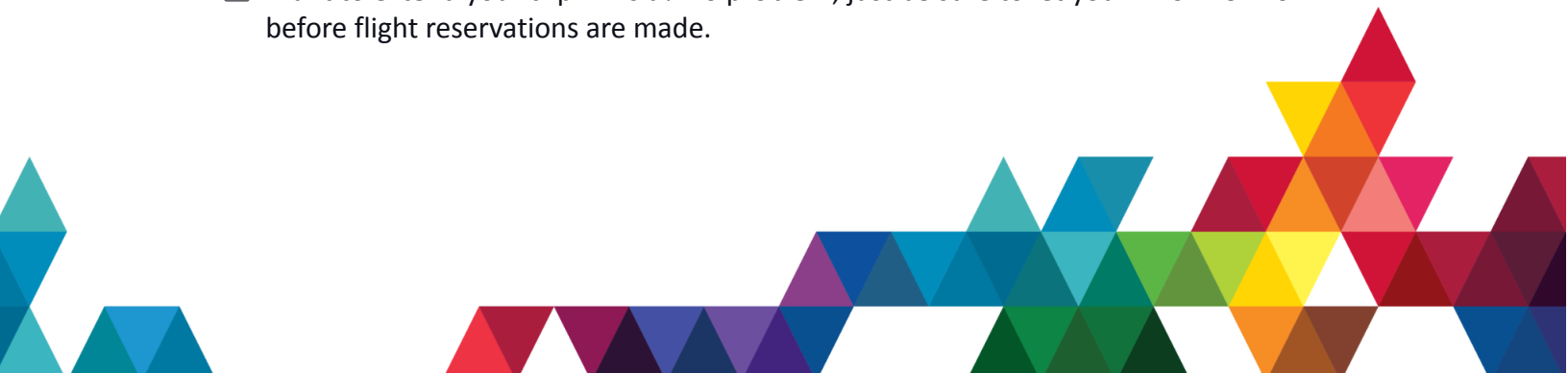
- Check the expiration date of your passport. It must be valid 6 months beyond your return date.
- Renew if necessary. This can take up to 8 weeks. Check this as soon as possible.
- Send a scanned copy of this to your Ambassador Coordinator and Trip Leader.

#### **Support Raising**

- Talk with the Trip Leader for ideas for support raising
- Create a way to raise funds as an individual or as a group/church
- Make a list of everyone that supported you to write thank you notes or to buy them gifts

#### **Flight & Travel Insurance**

- Your Trip Leader will be responsible for securing these unless other arrangements are made.
- Want to extend your trip in Asia? No problem; just be sure to let your TL or AC know before flight reservations are made.





### **Familiarize and get connected with PV**

- [PV Vimeo Page](#) - This is where many of PV's productions are archived, including report videos of former Ambassadors.
- [PV Facebook Page](#) - Be sure to 'like' our page and check it out for the most up-to-date happenings in Asia.
- Many of our ethnic teams are also launching their own Facebook pages/groups to promote their individual ministries and distribute their newest productions. [Hmong Project Video](#) , [North Luzon Video Ministry](#) , [Ibaloi Ambassadors Video Ministry](#)
- [Project Video Website](#) - Learn about the staff and check out a map of some of the production centers your team plans to visit.
- Advocacy Kit - Your church may have an advocacy kit (handy black hard briefcase) with all the materials pictured below including a USB drive with up-to-date electronic resources. This can help you and your team learn more about PV and share it with others as you share about your upcoming trip.

## **2 Months Prior to Travel**

### **Immunizations**

- Locate your Immunization record and make a copy of it to take with you on the trip.
- Schedule a doctor visit for immunizations.
- Make sure to bring your COVID-19 Card from the CDC. [Here are the accepted vaccines of Thailand.](#)

Vaccination requirements vary from country to country and are sometimes not required at all. At the very least you want to be up-to-date on your latest tetanus shot, valid within the last 10 years. We encourage you to check with your doctor or visit a travel clinic (such as [Passport Health](#)) regarding protection against typhoid, tetanus, hepatitis A and B, etc. Malaria medication recommendations vary depending on the exact location of your trip but are generally not necessary. The CDC website can be a helpful resource:

<https://wwwnc.cdc.gov/travel/destinations/list>



Always take normal precautions against mosquito bites (e.g. repellent, long sleeves at dusk/dawn, and nets, etc.). Bring any essential medications with you as there is no guarantee they will be available. Especially, in the case of prescriptions, be sure to have an adequate supply with you and pack on your carry-on.

### **Emergency Contacts**

- Leave a copy or forward your flight details and itinerary to your family and friends. This is a great way to involve family and a safeguard in case of emergency. (See “Communication with Staff” below.)
  
- We encourage U.S. citizens to enroll in the Department of State’s Smart Traveler Enrollment Program (STEP) at <https://step.state.gov/step/>. STEP enrollment gives you the latest security updates and makes it easier for the U.S. embassy or consulate to contact you in an emergency situation.

### **Financial Preparation**

- Make sure trip funds are paid to PV at least one (2 months) prior to trip departure unless other arrangements have been made.
- Alert your banking institution and credit card companies of your travel plans. Oftentimes this can be done online or via phone.
- Aside from gifts and souvenirs, all expenses during your designated Ambassador trip will be handled by your Trip Leader using your prepaid trip funds. However, for emergency purposes, it is wise to have a card with you. If you have the option, bring a credit card rather than a debit card, as it is not directly linked to your bank account. Your specific banking institution can further advise you.
- If bringing cash, make sure to bring larger and new/clean bills; they generally have a higher exchange rate. Unless otherwise instructed, there is no need to exchange foreign currency while in your home country prior to arriving. If you have any questions, ask your Trip Leader.





### Cell Phone

- Be sure to alert your phone carrier to make a note of your travel plans on your account.
- Unless you have international coverage, we recommend you use 'airplane mode.' This will prevent extra phone charges while still allowing you to use internet service via Wifi at various locations throughout the trip.
- Landing in Bangkok and Chiang Mai airport, there are stores to purchase SIM cards if you are wanting one. Make sure to unlock your phone with your carrier beforehand.

### Spiritual Preparation

- Reflect on your Trip Expectations
- Consider using the [Prayer Guide](#) to aid in guiding you in praying for yourself, your Ambassador team, and all whom you will encounter on the trip.
- Recruit a Prayer Team. Ask for a group of people to intercede for you specifically throughout the duration of the trip. Consider making an email list or group chat on social media.
- Prepare something to share. You may be invited to give a short testimony, share a Bible verse, or sing a song at some point during the Ambassador trip. Please have something prepared and try to present it in such a way that it is easily understood with no or very limited English. Acting out, using visual props and exaggerated body language is often effective, as long as it is culturally acceptable.
- Secure items to distribute at film showings (optional) Past teams have brought over wooden crosses, non-perishable/meltable candy (like Smarties, Dum Dums) or glow necklaces.
- Prepare for Commissioning Service. It is common for an Ambassador church(es) to have a "send-off" or commissioning at a worship service close to the team's departure date. This may include praying over the Ambassadors and any equipment journeying with you to Asia. Talk with your Trip Leader and church leadership to see what is appropriate for you and your church.

### Cultural Preparation

Expose yourself to the culture as much as you possibly can before traveling.

- Try the food.** Eat at a Thai or other Asian restaurant in your local area if available.
- Research** the country/countries and the people groups you will visit. Continue to get to know the PV ethnic media teams.
- Learn** the Dos and Don'ts of the culture you are going to.



- Read Suggested Resources**
  - Country Cultural Guide (provided by PV)
  - [Foreign to Familiar](#) by Sarah Lanier
  - [Honor & Shame](#) by Juliet November

**\*\*Direct any and all questions and concerns you may have toward your Trip Leader and/or PV Ambassador Coordinator.**

## **2 Weeks Prior to Travel**

### **Packing**

- Consider what luggage you will use.** Confirm airline baggage limits. Ask your Trip Leader what equipment or team supplies you will be asked to carry in your bags. How much room will you want to bring back souvenirs?
- Review the [Suggested Packing List](#)** Are there items you may need to borrow or purchase?
- Secure items/gifts you may want to share with those in Asia
- There may be items that you will also be carrying to deliver to the team in Asia, your TL will keep you informed

### **Sleep**

Be sure that in the weeks before the trip that you get ample sleep. Being well-rested will help you to remain in good mental, physical and spiritual health. Depending on your arrival time in Asia, try to stay awake or try to sleep as much as you can. This will help with adapting to the new time zone. Since jetlag is an inevitable factor of international travel, some choose to use a natural sleep aid like Melatonin, to assist them in getting adapted to the new time zone and returning home.

### **Hydration**

Staying hydrated on the flight and during the trip is extremely important. The environment on the plane can be very dry and you can get dehydrated on the plane very easily, this can make adapting to the new time zone difficult. Be sure to pack a reusable water bottle and to drink lots of water every day on your trip with PV.





### **Review Cultural Guide(s)**

It's always good to brush up on the cultural guide before the trip. Learning more about the ethnic teams you will meet, the cultural dos and don'ts and the country you are visiting. This can create excitement and confidence in your visit.

### **Coordinate Rides**

For going to the airport and for your return. Coordinating this beforehand can relieve a lot of stress and be a nice surprise for when you return!

**\*\*Direct any and all questions and concerns you may have toward your Trip Leader and/or PV Ambassador Coordinator.**

## **- COMMUNICATION WITH STAFF -**

During the course of your stay in Southeast Asia, we will be traveling a lot. It is important to communicate with your Trip Leader and other PV staff about how you are feeling. If a problem arises or we can do something to better accommodate your needs, we are happy to do so.

Print or copy the contact details shown below, because you will need to write them down on your immigration card on the plane prior to landing in Thailand.

Click [here](#) for an example photo.

#### **Jasmine Ng's contact details:**

Email: [fieldco@project-video.org](mailto:fieldco@project-video.org)

Phone: +66 091-143-7944

#### **Emily Stopani's contact details:**

Email: [emily@project-video.org](mailto:emily@project-video.org)

Phone: +66 092-614-2865

#### **PV Headquarters' Address:**

77/20 M. 1

T. Faham A. Chiang Mai

Chiang Mai 50000

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จ.เชียงใหม่ 50000

You should leave these details with a family member and/or friend in case they need to contact you urgently while you are away.

